

6. The method of Claim 5, wherein said connective tissue disorder is selected from the group consisting of degenerative joint diseases, joint defects, osteoarthritis.
7. The method of Claim 5, wherein said effective daily dosage amount is between about 600 mg and 10,000 mg. The method of Claim 5, wherein said effective daily dosage amount is between about 2,400 mg and 6,000 mg.
8. The method of Claim 5, wherein said effective daily dosage amount is between about 2,400 mg and 3,600 mg.
9. A method of daily nutritional supplement of kolla2 as arthritis preventative, comprising orally administering to an individual a daily dosage of kolla2 having an average molecular weight of between about 45,000 and 65,000 daltons.
10. A method of preparing kolla2 powder, comprising the following steps:
- (a) cutting fresh 4-6 week young sternal cartilage to within not less than about 2.5mm of the cartilage bone. Cartilage then deep frozen;
 - (b) grinding frozen cartilage into ground mesh;
 - (c) suspending cartilage in an aqueous solutions;
 - (d) sterilizing ground cartilage;
 - (e) filtering ground cartilage;
 - (g) defatting and filtration;
 - (h) drying ground cartilage;
 - (i) milling ground cartilage to form kolla2 powder.
11. The method of Claim 10 whereas the aqueous solution is waters.
12. The method of Claim 10, whereas sterilization process is heating ground cartilage at about 95 °C for about 35 minutes.
13. The method of Claim 10, whereas dafatting ground cartilage with ethanol.
14. The method of Claim 10, drying ground cartilage is heating at 95 °C for a minimum of 6 hours.
15. The method of Claim 10, whereas milling ground cartilage into fine powder